

# **American Indian Life Skills Development**

## **Brief Program Description**

The American Indian Life Skills Development (American) curriculum is a school-based, culturally tailored, suicide prevention curriculum for American Indian adolescents.

Tailored to American Indian norms, values, beliefs, and attitudes, the curriculum is designed to build self-esteem; identify emotions and stress; increase communication and problem-solving skills; and recognize and eliminate self-destructive behavior, including substance abuse. The curriculum provides American Indian adolescents with information on suicide, suicide intervention training, and helps them to set personal and community goals.

Each lesson in the curriculum contains standard skills training techniques for providing information about the helpful or harmful effects of certain behaviors, modeling of target skills, experimental activities, behavior rehearsal for skill acquisition, and feedback for skills refinement. The curriculum is delivered 3 times a week over 30 weeks, during the school year.

## **Contact Information**

For indepth information on this program, please use the contact listed below.

### **Program Developer**

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